



## Handbook for Improving Toileting in Older Adults

Small, good things:

A few tips to keep your toileting pleasant

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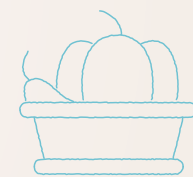
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A few tips  
to keep your toileting pleasant

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## To all adults

How is your toileting these days? Do you have too much, too little, or a little leakage?

To excrete is to live. Daily excretion is proof that you are healthy. Whether your toileting is good or not, why not pay more attention to it? Why not do what is good for your toileting and make your life full of pleasant toileting?

In this handbook, we will introduce you to some of the problems with toileting that appear as you get older, and some tips to help you continue to have pleasant toileting. Over the course of a long life, we all experience problems with our toileting. However, if you deal with them properly, you can control them quite well.

If toileting problems are hard to manage on your own, or if they do not get better even if you try, do not hesitate to consult your doctor. The important thing is that your toileting continues to be pleasant.

Now, let's get started, so that you can have a pleasant toileting everyday.





## I pee too much.

How many times a day do you urinate? How about while you sleep at night? Frequent urination is defined as urinating 8 or more times during the day and 1 or more times during the night while sleeping. According to a survey, about 70% of people over 60 years old have frequent urination. Frequent urination at night can interfere with your precious sleep. Here are some tips to help prevent and improve frequent urination.

### Drinking too much can cause frequent urination, so drink less after dinner

It is said that the amount of water you need to drink each day is about 2% of your body weight. For a person weighing 50 kg, this is a little over 1 liter. Are you drinking a lot of water before going to bed, thinking it will prevent illness and dehydration? Drinking water is very important but drinking too much can cause frequent urination. It is best to drink less water after dinner.



### Avoid caffeine, a cause of frequent urination and disturbed sleep

Many people like to drink coffee, black tea, and green tea, but the caffeine in these drinks can cause frequent urination and disturb your sleep. Try to drink them in moderation and go caffeine-free or avoid them at night. Many soda and nutrition drinks also contain caffeine, so be careful.

### Reduce salt in your diet

Too much salt can cause not only high blood pressure and vascular disease, but also frequent urination. Please try to reduce salt intake in your diet by choosing low-sodium seasonings such as soy sauce, not drinking all the broth of noodle dishes, and using lighter flavors.



### Regulate the rhythm of your life and sleep well

We don't actually know yet whether we can't sleep because we want to urinate, or whether we want to urinate because we can't sleep. Try to adjust the rhythm of your life by not sleeping in in the morning, by eating a good breakfast, and by moving around during the day. If you don't feel sleepy, there's no need to rush to sleep. Stress is a major enemy of sleep. Try to relax.



### Try to hold it in

Keep track of your urination patterns. If you are a person who urinates a small amount of urine many times, try to hold back a little when you feel the need to urinate so that you can urinate in batches. This can have a positive effect on your ability to hold urine, and it can also help train your muscles to prevent leaks.



### Talk to your doctor

There are medicines that work well for frequent urination. Rather than trying over-the-counter supplements or herbal remedies, it is better to ask your doctor to provide you with a medicine that has been proven to be effective. In particular, people who have to pee more than twice during the night while they sleep may have an impact in their daytime life and may fall down more easily. Don't blame it on your age, consult your doctor.



## Inability to pass bowel movements

As we get older, constipation increases in both men and women. If you have a natural bowel movement less than twice a week, or if you don't have a clear bowel movement every time, you may be constipated. It is said that people with constipation have a higher risk of heart disease and early death. Here are some tips to help you have a clear bowel movement.



### Eat well and in a balanced manner

Do you eat breakfast, lunch, and dinner? If you eat less, you will have less stool, which increases your risk of constipation. First of all, you should eat three proper meals daily. It is also important to eat a balanced diet. Try to eat a little more seaweed, grains, mushrooms, and vegetables that contain a lot of dietary fiber. It is also recommended to add a dish of fermented food to your regular menu.

### Develop good bowel habits

Do you have a regular time to have a bowel movement? If you schedule your bowel movements at a certain time, your body will be more likely to produce stool at that time. For example, after breakfast, even if you don't feel like having a bowel movement, try sitting on the toilet.



### Bending over is a posture that helps bowel movements

The easiest posture to defecate is bent over. If your feet are not firmly planted on the floor, you will not be able to use your strength, so if you are small, you may want to use a footrest. Also, if you hold your stomach with your hand when you push, it will be easier for your stool to come out.



### Strengthen abdominal muscles, legs, and lower back

Strengthening your abdominal muscles will make it easier for you to have a bowel movement. Take your time and do 10 repetitions of abdominal exercises a day. Your stomach may not look the same right away, but if you keep doing these exercises, you will find it easier to tense up your stomach. Also, if you are reluctant to go to the bathroom, you will be more likely to hold back on bowel movements. Keep your legs and feet strong by walking often and doing 10 high-intensity squats a day. Muscles can be strengthened at any age.

### Relax

The more relaxed you feel, the easier it is to have a bowel movement. Do you feel overwhelmed by everything that is going on in your life? Try to relax your mind, especially in the morning when it is easier to have a bowel movements.



### Talk to your doctor

When constipation persists for a while, it becomes difficult to improve it by yourself. If you leave it unattended, it will get worse, so if you are constipated, please consult a doctor. There may be people who are embarrassed to consult or feel reluctant to take medicine, but the sooner you treat constipation, the better. Let's break the vicious circle of constipation and spend a refreshing day.

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## A little leakage

We all make mistakes from time to time, but we all try to avoid it as much as possible, right?

Here are some tips to prevent leaks.



### Prevent diarrhea

If you have diarrhea due to food poisoning, a cold, or any other reason, your stool will leak easily.

Watch out for infections by washing your hands and gargling. Also, be careful not to eat too much, drink too much, or eat raw food, and eat spicy or cold food in moderation. If you have diarrhea often, be careful not to let your stomach get cold.

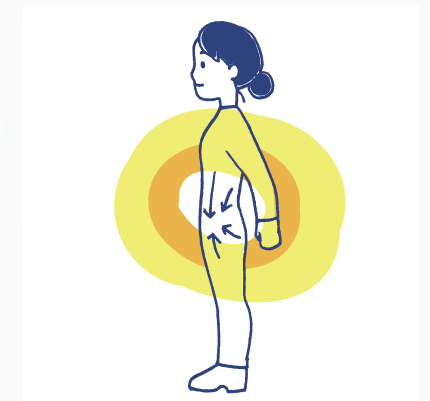
### Have a full bowel movement

Make sure you have a full bowel movement. If you are able to have a bowel movement at a fixed time, you will not leak stool at odd times.



### Strengthen the muscles that hold back urine and stool

Strengthen the muscles that hold back urine and stool. You can do this by squeezing your urethra or anus, squeezing in various positions, or moving while squeezing them. It's not good to hold back urine or stool, but it's good to build up the muscles to hold back when the time comes. Again, no matter how old you are, you can make your muscles stronger!



### Avoid behaviors that lead to leaks

Leakage may occur when coughing, sneezing, straining, or startling. Try to avoid activities that may put you at risk for leakage, such as by avoiding colds and allergies and moving slowly.



### Use a urine pad or diaper

Many people are probably resistant to this, both in terms of sensation and appearance. But recently, thin and inconspicuous pads have been emerging. A little bit of leakage is OK! This is a sense of security that leads to mental comfort.



### Talk to your doctor

A sudden and fierce urge to urinate is called urinary urgency. It can sometimes be controlled with medication, so if you have these symptoms, don't hesitate to consult your doctor.

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## Doctors and medications

You probably want to resolve your problems with toileting by yourself without letting others know as much as possible. Please refer to what is written in this handbook, take care of your own toileting, and by all means, get the daily life in which you can continue to have pleasant toileting.

However, don't overdo it. If you urinate too much, don't have stools, leak a little, or find toileting even a little stressful, talk to your doctor. If you are told, "It's just your age," go to a different doctor. It is recommended that you go to a clinic that specializes in toileting, urology, and gastroenterology.

This is the same as going to an orthopedic surgeon when your back hurts, going to an ophthalmologist when you have trouble seeing, or going to a dentist when you have a cavity.

If you consult a doctor, you will often be given medicine. The type and amount of medication will be adjusted based on your condition. Please observe the changes in your toileting with medicine on your own and find the best kind and quantity of medicine for you with a doctor. Even if you improve, your condition may worsen, so let's control your condition in the long run.

One last thing: if you go to several hospitals, you may have too many different medications. Taking more than 5 or 6 medications a day is known to cause various health problems. Be careful not to end up with better toileting and worsening of your chronic illness.



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## Toilets in times of disaster

The flush toilet that you usually use may not be available due to a power outage or water cutoff during a disaster. Toileting cannot be stopped even at a time of disaster. If you cannot use the toilet, you will not be able to continue your life at home. Be sure to prepare not only water, food, and medicine, but also toiletries.

Have lighting prepared in case of a blackout. A flashlight can only provide pinpoint illumination, so a lantern that can illuminate the entire space and leave both hands free is a good idea.

Keep a large stock of toilet paper.

A portable toilet is a toilet bag that can be attached to a Western-style toilet bowl. It is necessary when the water in the toilet does not flow. Place a plastic bag over the toilet bowl and attach the portable toilet onto the bag.

It is important to clean your hands after using the toilet. Keep wet wipes and alcohol disinfectant on hand in case water is not available.

